



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01117, Yogurt, plain, low fat, 12 grams protein per 8 ounce

Report Date: July 05, 2017 00:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	85.07	28	0.304	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	63	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	265	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	5.25	30	0.104	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	1.55	38	0.072	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	1.09	16	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	7.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	7.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	183	14	5.716	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.08	4	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	17	4	1.036	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	144	16	5.951	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	234	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	70	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.89	12	0.102	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	3.3	17	0.332	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Fluoride, F ¹	µg	12.0	9	--	12	12	--	--	--	1	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.8	8	0.199	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.044	26	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.214	11	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.114	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.591	9	0.052	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.049	10	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	11	4	1.300	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	11	4	1.300	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total ²	mg	15.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine 2	mg	0.9	2	--	0.8	0.9	1.0	--	--	1	Analytical or derived from analytical	--	12/2006
Vitamin B-12	µg	0.56	8	0.054	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	--	--	--	--	--	--	Calculated or imputed	01077	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone)	µg	0.2	9	0.120	0.1	0.3	1.0	-1.305	1.745	2	Analytical or derived from analytical	--	02/2009
Lipids													
Fatty acids, total saturated	g	1.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.046	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.032	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.020	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.044	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.053	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.163	3	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.422	3	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.151	3	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.426	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.034	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.354	3	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.031	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.013	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	6	5	0.589	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.216	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.529	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.471	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.265	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.434	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.225	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.416	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	1.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.325	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD